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HOMEMAKERS' CHAT

SATURDAY, Sept. 9, 1939

(For Broadcast Use Only)

SUBJECT: "PEANUT PROBLEMS." Information from Dr. Florance B. King, Bureau of Home Economics, United States Department of Agriculture. Free publication available from the United States Department of Agriculture, Washington, D. C. "Nuts and ways to use them," Miscellaneous Publication No. 302.

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A question that puzzles both peanut-growers and foods-and-nutrition scientists is: Why are peanuts between-meal food rather than a regular mealtime food? That keeps peanuts from taking the place they deserve at the family dinner table?

Most people know that peanuts are a good nourishing food. Nutrition authorities have been saying that for years. Most people know, too, that peanuts are a low cost food. And most people like peanuts. In fact, they consider peanuts a treat. For many years peanuts have been popular roasted to munch between meals, or in confections, or as peanut butter. Yet somehow they've never become one of the foods that housewives order with their groceries as part of the regular family diet.

Why? Perhaps one reason is that most grocery stores don't sell peanuts in a form easy to use in home cooking. You can buy peanuts salted and put up in little bags. Or you can go to the peanut-vender and buy them roasted in shells. But Mrs. American Housewife is accustomed to ready-prepared food. She isn't likely to bother about shelling peanuts when she's in a hurry to get meals.

Another reason why peanuts haven't taken their place at the family dinner table is that housewives don't know how to use them in cooking and don't appreciate how adaptable and useful they are. Not many women realize the great variety of excellent low-cost dishes that can be made with peanuts.

Food scientists at the Bureau of Home Economics in cooperation with the Division of Marketing and Marketing Agreements of the Agricultural Adjustment Administra-

tion made a study of peanut uses recently. They found that peanuts fit into every course at the meal. They make excellent main dishes, baked as nut loaf or in scallops or croquettes. They're good in almost any kind of bread. They add nourishment and flavor to fruit and vegetable salads. And for desserts they have endless uses in cakes, cookies, pastry, ice cream, candy and after-dinner nuts. Peanuts are especially good in sandwich fillings.

To help housewives make these good dishes, a number of peanut recipes are included in a Department of Agriculture publication called "Nuts and Ways to Use Them." You are welcome to a copy as long as the free supply lasts. Write to the Department of Agriculture, Washington, D. C. and ask for "Nuts and Ways to Use Them," Miscellaneous Publication 302.

In their study of peanut uses, the foods scientists also investigated peanut flour and peanut oil.

They found that peanut flour used with wheat flour makes excellent yeast breads and quick breads like griddle cakes, waffles, muffins and biscuits. A combination of peanut and wheat flour also makes good butter cake. The best proportions are about one-fourth peanut flour to three-fourths wheat flour. Perhaps if good peanut flour were for sale at grocery stores, and if housewives understood how to use it in baking, it might be a means of bringing more peanuts into the diet of American families. Peanut flour might also be used successfully in sausages and macaroni products as soybean flour is now used.

As for peanut oil, the foods people found this "tops" for frying potato chips and excellent for salad dressing. They tried out a great variety of fats and oils for frying potato chips. Of them all, peanut oil gave the best results. It not only gave the chips an attractive luster but also gave them the best flavor and kept them fresh longest.

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Well, here's the peanut problem in a nutshell. The time may come when you can buy roasted peanuts with the shells and skins removed at the grocery store. The time may come when you can buy good peanut flour. The time may come when you'll be using more peanut oil for frying and salad dressing. But in the meantime, you might like to hear about a delicious low-cost main dish made of peanuts. You can serve it to the family some night when you're not having meat and when you want something different.

This is peanut-and-carrot loaf. It's a mixture of chopped peanuts, chopped carrots, bread crumbs, tomatoes and seasoning. I'll read off the ingredients just to give you an idea of the proportions: 2 cups roasted chopped peanuts....2 cups chopped carrots.....2 tablespoons butter or other fat.....3 tablespoons flour....1 and a half cups of fresh cooked or canned tomatoes.....1 cup dry breadcrumbs....chopped parsley, salt and pepper.

To begin with, you make a thick sauce of the fat, flour and tomatoes. Then you mix that sauce well with the other ingredients and shape the mixture into a loaf. Pack the loaf into a well-greased loaf pan lined with paper. Bake in a moderately hot oven for 1 hour. (Moderately hot, you know, is an oven that registers from 375 to 400 degrees Fahrenheit.)

Serve hot on a hot platter. Let me repeat that there are plenty of other good peanut recipes in the leaflet "Nuts and Ways to Use Them" which is yours for the asking from the Department of Agriculture, Washington, D.C.

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